

# GROUP FITNESS CLASS SCHEDULE

EFFECTIVE: June 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am - 6:45am Cycling Unlimited w/Mike	6:00am - 6:45am Power Sculpt w/Justin	6:00am - 6:45am Cycling Unlimited w/Mike	5:45am - 6:40am BodyPump w/Maureen	<b>6:00am - 6:45am Cycling Unlimited w/Shelly</b>		
8:00am - 8:45am Arthritis Plus w/Amy	8:30am - 9:25am BodyPump w/Justin	6:00am - 6:45am Fit Camp w/Justin	8:30am - 9:25am Mat Pilates w/Vicki	8:00am - 8:45am Arthritis Plus w/Amy	7:15pm - 8:10pm Fit Camp w/Maureen	
8:30am - 9:15am Power Sculpt w/Charlotte	8:30am - 9:15am Fit Over 50 w/Nicole (CR)	8:00am - 8:45am Arthritis Plus w/Vicki	8:30am - 9:15am Fit Over 50 w/Nicole (CR)	<b>8:15am - 9:00am Power Sculpt w/Nicole</b>	8:15am - 9:10am Cycling Unlimited w/Justin	8:30am - 9:25am BodyPump w/Maureen
9:00am - 9:45am Pumping H2O w/Kim	9:00am - 9:45am Aqua Zumba w/Michele	8:30am - 9:15am Tabata w/Kim	9:00am - 9:45am Aqua Zumba w/Michele	9:00am - 9:45am HIIT <b>w/Amy</b>	8:30am - 9:25am Power Sculpt w/Charlotte	9:30pm - 10:25pm Cycling Unlimited w/Justin
9:30am - 10:25am Cycling Unlimited <b>Justin/Maureen</b>	9:00am - 9:45am Cycling Unlimited Kristina	9:00am - 9:45am Pumping H2O w/Kelly	9:30am - 10:25am Cycling Unlimited w/Nicole	9:00am - 9:55am Cycling Unlimited w/Kelly	9:30am - 10:15am Cycling Unlimited w/Mike	9:45am - 10:40am Yoga w/Dee Dee
9:45am - 10:40am Dance Rhythms w/Amie	<b>9:30am - 10:15am LIIT Nicole/Charlotte</b>	9:00am - 9:45am Cycling Unlimited w/Charlotte	9:30am - 10:15am Fit Camp <b>w/Amy(GYM)**</b>	9:00am - 9:45am Deep H2O w/Amy	9:45am - 10:30am Pumping H2O w/Karen	10:15am - 11:00am Aqua Zumba w/Michelle
11:00am - 11:55am Pilates and Tone w/Nicole	9:30am - 10:15am Fit Camp <b>w/Amy (GYM)**</b>	9:45am - 10:40am Yoga w/Nicole	9:45am - 10:40am Zumba w/Heidy	10:00am - 10:45am Power Sculpt w/Kim	9:45am - 10:40am Dance Fit w/Laura	10:45am - 11:45am 20/20/20 w/Kathryn
12:00pm - 12:45pm Strong and Balanced <b>w/Katie</b>	11:00am - 11:55am Yoga w/Sheri	11:15am - 12:00pm Mat Pilates w/Kim Bell	10:45am - 11:30am Barre w/Heidy	11:00am - 11:55am Mat Pilates w/Vicki	10:45am - 11:30am HIIT w/Kim	
	12:00pm - 12:45pm Deep H2O w/Susan			12:00pm - 12:45pm Strong & Balanced w/Vicki		
	12:15pm - 1:00pm Zumba Gold w/Michelle				<b>KIDS' CLUB HOURS</b> <b>Morning Hours</b> Monday-Friday 8:15am - 12:30pm Saturday 8:30am - 12:30pm <b>Evening Hours</b> Monday-Thursday 4:00pm - 7:30pm <b>Reservations required</b> and can be made 1 week in advance.	
4:30pm - 5:15pm Fit Camp w/Kathryn	4:30pm - 5:25pm BodyPump w/Teri					
5:30pm - 6:25pm Zumba w/Katie	5:30pm - 6:15pm Cycling Unlimited w/Kim	5:00pm - 5:55pm 20/20/20 w/Teri	5:00pm - 5:55pm Dance Fit w/Laura	5:00pm - 5:55pm Zumba w/ Katie		
5:30pm - 6:15pm Cycling Unlimited w/Mauricio	5:30pm - 6:15pm Step Challenge Kathryn/Justin	5:30pm - 6:00pm Kids' Circuit w/Matt (CR)	5:30pm - 6:15pm Cycling Unlimited w/Maureen	6:15pm - 7:10pm BodyPump w/Karen	<b>The Yard Hours</b> Monday-Thursday 4:00pm - 7:30pm Saturday 8:30am - 12:30pm	
5:30pm - 6:00pm Kids' Circuit w/Matt (CR)	6:15pm - 7:10pm Barre w/Dee Dee	5:30pm - 6:25pm Cycling Unlimited w/Kathryn	6:15pm - 7:10pm BodyPump w/Jae			
6:40pm - 7:25pm Pumping H2O w/Amy B.		6:15pm - 7:10pm Yoga w/Jae		<b>New Classes are in BOLD!</b> <b>**No Fit Camp June 20th - June 29th Due to Summer Camps in the Gymnasium.</b> Classes in black are also offered virtual - sign up starting 1 week in advance for virtual. Classes in Gray Require Sign Up (starting the day before)		
6:45pm - 7:40pm BodyPump		6:40pm - 7:25pm Deep H2O				

## Virtual Classes at Health Unlimited:

- Highlighted classes are being simulcast virtually via the MINDBODY website. You can sign up for the in-person class (1 day before) or the virtual class (1 week before).
- If you sign up for the virtual class, you will get an email 30 minutes before class starts with the link to the live feed of the class. You can watch the class on any device with an internet connection.
- If you choose to take the class in person, the camera will be focused on the instructor but you may be in the shot. This stream is not open to the public and will not be recorded by Health Unlimited.

**HOW TO REGISTER ONLINE:** Check out the schedule online at [www.myhealthunlimited.com](http://www.myhealthunlimited.com) and click “Member Sign Up” on the class you want to sign up for.

- Remember only classes that are available will have a Member Signup Button. Classes that are further than a day away will not be available.
- Either “Sign In” or “Create a Profile” and Check Out
- You can also register via mobile device – Download the MindBody App from Apple Store or Google Play

### Class Descriptions

**20/20/20** - 20 minutes leg strengthening followed by 20-minute arm workout and finishing with 20 minutes of core exercise. All fitness levels.

**Aqua Zumba** - Hi-Lo impact water dance class with Latin Style! High energy and great cardio workout.

**Barre** - mix of Pilates, yoga, and functional training. Mini balls and hand weights to sculpt, slim and stretch your entire body.

**BODYPUMP** - is a breakthrough in resistance workout training. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

**Cycling Unlimited** - High energy instructors will combine music and coaching to create an intense cardio workout all while burning calories.

**Dance Fit** – This is a cardio-based dance class that will keep you moving with great music and motivating instruction.

**DANCE RHYTHMS** - A Cardio Dance Fitness class with worldwide rhythms. Get ready to take a trip around the world and sweat your way through this athletic, empowering and joyful workout with an Afro feel.

**Deep H2O:** All Levels – Easy to follow, fun, safe and effective deep-water exercises for total fitness with emphasis on core strengthening and toning of the much troubled abdominal and back region. Classes held in the deep side of the lap pool.

**Fit Camp** - Fun and exciting class using body weight and cardio training. Great for all levels.

**Fit Over 50** - A senior circuit fitness program that provides participants a group program designed to improve strength, flexibility and balance.

**HIIT** - Combines endurance, speed, and interval training through quick intense bursts of exercise followed by short and sometimes active recovery periods.

**Kickbox and Core** - Kick boxing that will focus on intense isolation exercises. This class is a high-volume reps, low resistance weights workout.

**Kids' Circuit** - Just for kids ages 10-15 years old. This class is a fast, fun 30 min workout led by our personal training staff.

**LIIT Low Impact Interval Training** - This class will include low impact cardio and intervals of core/abs followed by a nice stretch at the end.

**Mat Pilates HU** - This class is a total Mind body workout, which focuses on precise concentrated movement using the mind to feel and focus on the body.

**Power Sculpt** – Whole body strength & conditioning class, combining weights bars, dumb bells & floor work to challenge the entire body.

**Pumping H2O** - A shallow water cardio workout that challenges you with fun, time-efficient exercises for muscle toning & strengthening balance, coordination, much more.

**Step Challenge** - Challenge your mind and body to a new level in this creatively choreographed advanced step class.

The choreography is exciting and the intensity is high to help you improve coordination, body awareness and cardiovascular conditioning.

**Strong and Balanced** - Ideal for those 50+, this class increases strength and flexibility and improves balance for an improved ability for everyday tasks-and-more!

**Tabata** - 8 Rounds of high intensity exercises lasting 20 seconds with 10 seconds of rest and recovery

**Tubes and Bands** - A combination of cardiovascular and strength training using versa tubes & strength bands.

**Yoga** - a traditional yoga class based on an ancient form of movement that promotes balance, flexibility, strength,

and relaxation through various postures.

**Zumba** – A hi-lo impact dance class with Latin style. Salsa, Meringue and more while getting a great work out.